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# SERVING MANY

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## Conserving Ration Points

### Budgeting the Ration Points

The industrial feeding manager's ability to keep within his ration allotment is affected as much by careful planning as it is by the number of points available. Even a large number of ration points will not stretch over the rationing period if they are spent extravagantly on high-point meats and fats. If an excessive number of ration points is used in the first month of the rationing period, it is difficult, even by the most careful planning, to make up the deficit during the second month.

Budget your ration points for each period by determining:

1. The number of ration points available for each month, week, and day of the rationing period.
2. The proportion of ration points to be used for each type of rationed foods. For example, meat and fat points might be recorded in this way:

### Ration Point Distribution Record

	<u>Percentage of Total Points</u>	<u>Number of Points</u>
Meats		
Butter and margarine		
Cooking fats and oils		
Fats for baking		
Cheese		
Evaporated milk		

Totals

Similarly, the points required for processed foods may be divided between those needed for general cooking and service, and those used for baking. Sugar may

also be divided into that required for table use, and that needed for baking.

Check regularly on the use of ration points to see that you are not exceeding your budget allowance. Make this check daily, if possible, but never less than once a week. Thus, excessive spending of points on one day, or during a week, may be corrected by a restricted use of points for the subsequent period, until the budget is in balance. This method will prevent incurring point indebtedness.

A simple summary form for keeping track of ration point expenditures is given below:

Ration Point Summary

Rationed foods	Today		Rationing Period To Date		Budget Check	
	Allotment	Used	Allotment	Used	Over	Under
*Meats, fats, cheese, etc. Processed foods Sugar						

\*This item may be subdivided giving point use for each kind of rationed food.

Using Meat Alternates to Conserve Meat

One way to make ration points go further and to cope with shortages in the meat supply is to use meat alternates frequently. Meat alternates are foods that may be served interchangeably with meats because they contain essentially the same nutrients. Poultry, fish, eggs, cheese, dry peas and beans, and nuts are meat alternates that may be used in main dishes on the menu. Like meat they are rich sources of protein and supply B vitamins.

Planning menus presents fewer difficulties to the food manager when meat is available since many meats suggest vegetable accompaniments. For example, baked ham may "call" for sweetpotatoes and green beans.

Fewer "natural" combinations are suggested to the menu planner by meat alternates, and, therefore, more thought needs to be used to plan meals that will be attractive to the eye and appealing to the taste. Vegetables, salads, and other accompaniments that complement the main dish in color, flavor, and texture should be selected. Mild-flavored foods should be combined with more strongly flavored ones, and soft-textured foods with crisp ones. Fried haddock, for example, may be served with creamed new potatoes and lettuce and tomato salad. The creamed potatoes contrast with the texture of the fried fish, and the salad adds color, a tart flavor, and crispness to the menu.

Serving Fresh Vegetables

Many fresh vegetables are appearing now in local markets, and as the growing season advances a larger variety of them will be available. Vegetables add color and flavor to any meal. Cook them until tender in as little water and for



as short a time as possible and serve them immediately to preserve flavor and color, and conserve nutritive value.

Fresh vegetables may be combined attractively in vegetable plates. The occasional use of a vegetable plate may add welcome variety to the special lunch menus. However, vegetables alone do not supply enough protein to take the place of meat. Therefore, a meat alternate, such as poached or fried eggs, egg salad, omelet, cottage cheese, fish salad or sliced cheese, should be served with the vegetables.

#### Using Foods in Plentiful Supply

In May, new potatoes, carrots, cabbage, onions and fresh tomatoes are expected to be in plentiful supply. Use them frequently in the menus. Eggs will continue to be plentiful, and may be used in main dishes to help stretch the limited meat supply. Oranges and apples will be available and may be used in salads, desserts, and for between-meal snacks.

#### Menus for Special Lunches

Menus are given for special lunches for a period of 15 days. These menus are planned to furnish about one-third of the worker's daily food requirements, and to come within the limitations of rationing allotments and curtailed food supplies. In this month's menus, meat alternates have been featured, as have the fresh vegetables and fruits in abundant supply.

1.

Braised breast of lamb  
Parsleyed new potatoes  
Buttered carrot strips  
Whole-wheat bread with butter or  
fortified margarine  
Plain cake with orange frosting  
Milk

2.

Baked kidney beans (recipe attached)  
Fresh spinach or other greens  
Sliced tomato and lettuce salad  
Enriched rolls with butter or fortified  
margarine  
Custard pie  
Beverage

3.

Meat loaf with gravy  
Steamed new potatoes  
Creole cabbage (see April issue)  
Whole-wheat bread with butter or fortified  
margarine  
Chocolate pudding  
Beverage

4.

Vegetable plate:  
Stuffed egg salad  
Fresh asparagus  
Parsleyed potato  
Sliced tomato  
Cornbread with butter or fortified  
margarine  
Deep-dish apple pie  
Milk

5.

Fish cakes with egg sauce  
Creamed new potatoes  
Buttered green beans  
Enriched bread with butter or fortified  
margarine  
Peach shortcake  
Milk

6.

Baked macaroni with cheese  
Buttered sliced carrots  
Mixed green salad with French dressing  
Whole-wheat bread with butter or  
fortified margarine  
Gingerbread  
Milk

7.

Roast pork with spiced apples  
Browned potatoes  
Buttered lima beans  
Enriched bread with butter or fortified  
margarine  
Orange custard  
Beverage

9.

Veal pot pie  
Mashed potatoes  
Buttered peas  
Enriched bread with butter or fortified  
margarine  
Fruit gelatine pudding  
Milk

11.

Steamed frankfurters  
Creamed new potatoes  
Buttered cabbage (or sauerkraut)  
Enriched roll with butter or fortified  
margarine  
Rhubarb pie  
Beverage

13.

Scalloped chicken and noodles  
Buttered green peas  
Red apple and celery salad  
Whole-wheat bread with butter or forti-  
fied margarine  
Baked custard  
Beverage

8.

Creole lima beans  
Buttered fresh beets and greens  
Cottage cheese and tomato salad  
Whole-wheat bread with butter or  
fortified margarine  
Caramel nut pudding  
Beverage

10.

Creamed eggs with fresh asparagus  
(recipe attached)  
Baked potato  
Cole slaw  
Apple Brown Betty  
Beverage

12.

Fried oysters with lemon  
Parsleyed new potatoes  
Shredded carrot and cabbage salad  
Whole-wheat bread with butter or  
fortified margarine  
Sponge roll with orange cream filling  
Milk

14.

Roast lamb with dressing  
Mashed potatoes - gravy  
Cabbage and green pepper salad  
Enriched bread with butter or forti-  
fied margarine  
Fresh fruit cup  
Milk

15.

Baked fish fillet - tomato sauce  
Steamed new potatoes in jackets  
Green beans  
Enriched roll with butter or forti-  
fied margarine  
Blueberry pie  
Milk

Copies of "Making the Most of Meat in Industrial Feeding" and "Saving Sugar in Industrial Feeding" are still available. A post card to "War Food Administration, Office of Supply (CCC), Tenth Floor, Western Union Building, Atlanta 3, Georgia" will bring you either or both of these helpful booklets.

R E C I P E S

Baked Kidney Beans

<u>Ingredients</u>	<u>Amounts for 100 Portions</u>
Dry red kidney beans	12 pounds
Bacon drippings or cubed salt pork	1-1/2 pounds
Onions, sliced	2 pounds
Green peppers, chopped	1 pound
Tomatoes, canned	2-1/2 gallons
Chili powder	11 ounces
Salt	5 ounces

Size of portion - 6 ounces.

1. Wash and sort the beans. Cover with hot water and let soak overnight.
2. Cook beans until tender in the water in which they were soaked. Drain.
3. Cook the onions in the bacon drippings for about 5 minutes.
4. Combine the onions and fat, tomatoes, green peppers, seasonings.
5. Add the vegetable mixture to the cooked beans and mix well.
6. Pour into greased baking pans and bake for 1 hour in a moderate oven, 350°F.

Creamed Eggs with Fresh Asparagus Tips

<u>Ingredients</u>	<u>Amounts for 100 Portions</u>
Fresh asparagus	20 pounds
Cooking fat	3 pounds
Flour	2 pounds
Milk and asparagus liquor	4 gallons
Eggs, hard-cooked	8-1/3 dozens
Salt	5 ounces
Paprika	1 ounce

Size of portion - 6 ounces.

1. Clean the asparagus and cut spear ends off about 4 inches in length.  
Reserve rest of tender stalks for use in soup.
2. Cook the asparagus spears in a small amount of boiling water until tender. Drain, saving the liquor.
3. Make a roux of the fat and flour. Add the asparagus liquor up to 1/3 of the total liquid, and then the remainder of the milk. Season.  
Cook until thickened.
4. Cut the hard-cooked eggs in half, lengthwise.
5. Arrange asparagus tips in serving pan, add layer of eggs, and then sauce.  
Heat in oven to bring to serving temperature.
6. Serve plain or on toast or split buns.

# Introduction

The purpose of this study is to investigate the effects of various factors on the growth and development of the human body. The study is divided into two main parts: a theoretical part and a practical part. The theoretical part discusses the various factors that influence growth and development, such as genetics, nutrition, and environment. The practical part describes the methods used to collect and analyze data on growth and development. The results of the study are presented in the following chapters.

## Methods

The study was conducted using a combination of observational and experimental methods. Data was collected from a large sample of children and adults, and the results were analyzed using statistical methods. The study was designed to be both descriptive and explanatory, providing a comprehensive overview of the factors that influence growth and development.

The results of the study show that growth and development are influenced by a variety of factors, including genetics, nutrition, and environment. The study also found that there are significant differences in growth and development between different groups of people, and that these differences can be explained by the factors mentioned above. The study provides a comprehensive overview of the factors that influence growth and development, and is a valuable resource for researchers and clinicians alike.